

WHAT I LEARNED FACING THE FEAR OF THE UNKNOWN

RENE MORALES

The purpose of my presentation is to pass on what I learned when I faced the fear of the unknown. In my case my fear of the unknown was my future after being diagnosed with Trigeminal Neuralgia, a rare nerve disorder that is commonly referred to as “The Suicide Disease”.

These are the three lessons I learned and what helped me get through my fear of the unknown.

01 UNDERSTANDING FEAR

I had to understand what I was afraid of; what was I fearing?

02 MAKE A PLAN

After conducting my research on the disorder, I formulated a plan on overcoming my fear that included seeing specialists and using nontraditional forms of medication.

03 ACTION

I put that plan in motion and reevaluated my situation, changing my plan if needed.

Rene is a former military officer with over two decades of experience with administrative support, optimizing strategic planning, business process improvement, human resources management, and training and development. Additionally, Rene is a founding member of Washington State's Latino Leadership Network (LLN), a Business Resource Group, and serves as the LLN's Professional Development Chair.

